

ABSTRACT

5 A dietetic scale and method for calculating and tracking nutritional content
information. The scale includes a bar code reader for identifying a food product from its
package, with food content data per unit weight of the product being retrieved from a
database. The database is a compilation of standardized nutrition facts promulgated by the
FDA or other authority for the food products, with the bar code being correlated with the
10 food products by means of their individual UPC numbers. The scale cumulatively sends
the nutritional content data for servings of food products consumed over a predetermined
interval of time, and then compares the summed values with a predetermined goal that
includes minimums and maximums for selected contents. The information may be
outputted to a digital flashcard or other electronic storage media for subsequent retrieval
15 and analysis.